



Professional Life Coaching Certificate

*Life coaching addresses the whole person:
mind, emotions, body, and spirit*

September 2016 through May 2017



Continuing Studies
UNIVERSITY OF WISCONSIN-MADISON

uwlifecoach.com

The UW-Madison Professional Life Coaching Certificate Program is the Midwest's only university-based Accredited Coach Training Program (ACTP) available through the International Coach Federation (ICF). As a graduate of this all-inclusive training program, you may apply for credentials such as the Associate Certified Coach and the Professional Certified Coach through the ICF.



During this nine-month program, you become adept at helping others see new perspectives, get unstuck, and find the courage to take bold actions—all while working toward your professional life coach credentials.

Professional life coaching is an art and a science. This rich training program combines many disciplines: emotional intelligence, positive psychology, ontological coaching, use of self, evidence-based coaching, neuroscience of coaching, systems theory, relationship intelligence, organization development, and appreciative inquiry. You train with professional coaches and work with your own clients as you learn.

As a student in the Professional Life Coaching Certificate program, you:

- Obtain training and instruction from a Master Certified Coach (MCC)
- Work with your own clients under the one-on-one supervision of ICF-certified coaches
- Receive 10 hours of mentoring with an ICF-certified coach
- Learn through a variety of modalities, including learning labs, skill drills, online discussion forums, journaling, reflection, and videos
- Personally experience the powerful impact of coaching by hiring and working with your own ICF-certified life coach
- Build relationships and work with peers in a learning community cohort model



Professional Life Coaching Certificate graduate:

“I appreciate having two coaches present in the class. It really helps to model different styles and perspectives on the activities, skills, and materials. We have the added bonus of getting both of their expertise and sharing of real-life examples.” — Lori Starks, San Francisco, CA

For more information, please contact **Aphra Mednick**, program director, at aphra.mednick@wisc.edu or 608-265-8041.

Curriculum/Modules

Learn in a blended learning format through face-to-face classes on the UW-Madison campus and via teleconferences available from any location. You begin and complete the program with the same cohort of learners, and master all of the core competencies outlined by the International Coach Federation.

The program is taught in a blended learning format that covers nine months (Sept-May). It includes:

- Five face-to-face modules (15 days), held Wednesdays and Thursdays from 9am-5pm and Fridays from 9am-4pm are held at The Pyle Center, UW-Madison campus
- Six teleconferences, held Tuesdays from 11:30am-1pm (can be done from any location)
- Online class support and instruction (can be done from any location)
- Six 1.5 hour individual supervisions (based on your schedule)
- Approximately 10 hours per week outside of class on readings, coaching with clients, and other assignments
- A written exam, coaching performance exam, paper, and presentation



For information and to apply: uwlifecoach.com

MODULE 1:

Coaching Fundamentals: Setting the Foundation

Face-to-Face

W-F, Sept 7-9, 2016; 9am-5pm on WT and 9am-4pm on F

Overview: We touch on every aspect of the coaching process and lay the foundation to deepen your development as a professional life coach. You acquire the fundamentals to begin your coaching career.

MODULE 2:

Supervision and Mentoring: Increasing Your Impact through Experience

Virtual Teleconferences

T, Sept 20, 2016; 11:30am-1pm and Oct 2016 through May 2017

Individual Supervision: Six 1.5-hour individual supervisions (based on your schedule)

Overview: This virtual module, which runs throughout the program, is where your coaching truly flourishes. We begin with a teleconference to review the process and goals of supervision. Then you have six individual sessions in which an ICF-certified coach observes your coaching and provides written and verbal feedback based on the ICF core competencies.

MODULE 3:

Coaching Presence: Developing an Inside Out Perspective

Face-to-Face

W-F, Nov 9-11, 2016; 9am-5pm on W-Th and 9am-4pm on F

Overview: Here we focus on your development as a coach. Discover core values, beliefs, and perspectives that shape your frame of reference and then learn how to self-manage in order to heighten your coaching presence. Know yourself better so you can be a more effective and powerful agent of change.

MODULE 4:

Skill Development: Mentoring and the ICF Core Competencies

Virtual Teleconferences

T, 11:30am-1pm

Dec 13, 2016 and Jan 10, Feb 14, Mar 14, and Apr 18, 2017

Overview: Increase your knowledge of coaching skills and core competencies, practice communication skills that guide your clients to a higher level of awareness, and develop abilities that increase your confidence and help your clients achieve their vision.



MODULE 5:

Co-Creating a Coaching Relationship: Learning Best Practices

Face-to-Face

W-F, Jan 25-27, 2017; 9am-5 pm on W-Th and 9am-4pm on F

Overview: Learn how to create a safe and supportive environment based on mutual respect and trust, which in turn helps your clients be bold and courageous in achieving their goals. Understanding the coaching process and the importance of coaching logistics helps you co-create a strong coaching relationship.

MODULE 6:

Forwarding the Action: Facilitating Learning and Results

Face-to-Face

W-F, Apr 5-7, 2017; 9am-5 pm on W-Th and 9am-4pm on F

Overview: Learn how to guide your clients from awareness to creating what they want for themselves. Understand how to establish, develop, design, and plan with your clients to facilitate progress, deepen learning, and help them move forward.

MODULE 7:

Integration: Bringing it All Together

Face-to-Face

W-F, May 17-19, 2017; 9am-5 pm on W-Th and 9am-4pm on F

Overview: Understand how all the pieces fit together to create a powerful coaching relationship that includes action and accountability. You build a higher level of self-awareness, an understanding and basic practice of coaching skills, and the ability to co-create dynamic coaching relationships.

Lead Instructor



Darcy Luoma (MS, CPCC, ORSCC, MCC, BCC) is an organization development specialist and leadership coach, and the owner of Darcy Luoma Coaching & Consulting, LLC. A dynamic facilitator and engaging professional speaker, she was voted Madison, Wisconsin's Favorite Life Coach by readers of the *Isthmus* newspaper.

Assistant Instructor



Shawn Preuss (BS, PCC) is a leadership and team development coach and the owner of Transitions Coaching & Consulting, Inc. With her depth of experiential learning, she guides others in drawing rich learning from everyday life and business.

Applying to the Professional Life Coaching Certificate Program

We seek to create a dynamic learning community that includes people who bring diverse life experiences, a desire to learn, and the ability to self-reflect—as well as sufficient time to devote to the course.

Prerequisites

Applicants must have the following prerequisites to ensure the appropriate knowledge, experience, and mindset to succeed in the program:

- A bachelor's degree from an accredited college or university. No specific undergraduate major is required.
- Willingness to engage in reflection and self-examination and be open to feedback.

Steps to Apply:

Visit uwlifecoach.com for information and links to apply.

1. Submit \$35 nonrefundable application fee.
2. Complete and submit the application form.
3. Submit resume
4. Have two letters of recommendation submitted on your behalf; one letter from a person familiar with the applicant's work experience and interests, the other from a person familiar with the applicant personally. Letters of recommendation should be emailed from the author of the letter.
5. Once all materials have been received, you will be contacted for a 15-minute phone interview with the program director.

All application materials are to be submitted via email by midnight on May 10, 2016 to:
uwlifecoach@dcs.wisc.edu

What PLCC students say about the program:

"This course has extended far beyond my expectations! The content is expansive and the learning rich through different learning models (experiential, lecture, group and individual). Darcy brings a wealth of experience as a coach and communicates her knowledge in creative and clear ways. Her enthusiasm is contagious! Darcy has a sincere desire to help others become the best coaches they can be."

—Lin Grace Rohr, Cape Cod, MA

"Shawn's added perspective, stories, and thoughts provide just as much, if not more sometimes, learning as other parts of the class."

—Nancy Sowa, Durham, NC

"I have never been in a course that has done such a great job of teaching, nurturing, and empowering participants to grow above and beyond what they believe is even possible. We are not just learning to be coaches, we ARE coaches!"

—Mary Ann Marx, Sauk City, WI

General Information

Fee:

A \$35 nonrefundable application fee is required with the application. The cost of the program is \$8,900 and includes instruction and supervision by ICF-certified coaches, course materials, and textbook. Lunch is included for most face-to-face instruction days. Participants are responsible for costs associated with some meals, lodging, transportation, and for hiring their own life coach for six months.

Payment plan:

If accepted, a \$500 deposit is required at registration. Fifty percent of your remaining balance is due on or before July 15, 2016; your remaining balance is due on or before Jan 9, 2017.

Refund policy:

If you withdraw on or before July 15, 2016, you receive a full refund, minus a \$100 administrative fee; after July 15, 2016, no refunds are granted.

Lodging:

Rooms are available at the Lowell Center, 610 Langdon St on the UW-Madison Campus. To reserve a room, visit conferencing.uwex.edu or call 866-301-1753 and mention group code: LIFE.

Technology Requirements:

You must have a computer, recording tools (to create MP3 files), and high-speed Internet access. We use the University of Wisconsin–Madison learning platform (Learn@UW) and teleconference software; you do not need experience with these tools prior to beginning the program, but you must have basic computer skills.

ICF Accreditation:

This is an Accredited Coach Training Program (ACTP) through the International Coach Federation (ICF). ICF is the leading global organization dedicated to advancing the coaching profession, setting professional standards, and providing independent certification. ACTP accredited all-inclusive programs offer start-to-finish coach training. As a graduate of an ACTP program, you may apply for an individual ICF Credential including the Associate Certified Coach (ACC) or the Professional Certified Coach (PCC).



For more information on ACTP programs and certification, visit coachfederation.org. We provide more than 125 hours of instruction time, as set by the International Coach Federation (ICF).

Continuing Education Units:

The program provides 125 hours of Continuing Education Units (CEUs) for people in a variety of professions including, but not limited to, psychology, social work, counseling, and marriage and family therapy. For more information, visit continuingstudies.wisc.edu/ceu-approved-hours.html.

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“This is the best course or class or workshop I’ve ever attended. I was completely engaged the entire time.”

—Theresa Kim, Middleton, WI

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UNIVERSITY OF WISCONSIN—MADISON

21 N. PARK STREET, 7TH FLOOR
MADISON, WI 53715-1218

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